



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA: Winter/Spring 2012



Grand Traverse Bay YMCA

3000 Racquet Club Drive, Traverse City, MI 49684

www.gtbayymca.org info@gtbayymca.org

933-YMCA (9622)

Programs and Activities for January 1 - May 31, 2012





YMCA Board of Directors

Nick Edson	Jay Lerner	Lynn Schultz
Jill Fenton-Jones	Brett McGreaham	Bill Stone
Hank Johnson	Tina Piotrowski	Rita Whaley
Marc Judge	Kim Pontius	Greg Williams
Denny Lauterbach	John Russell	Ron Williamson



Y Main Facility, 3000 Racquet Club Drive
933-9622

www.qtbayymca.org



Y Gymnastics Center, 1100 Woodmere, Ste A
929-2869



Y Early Childhood Center,
1100 Woodmere, Ste B, 421-3568



New YMCA,
3700 Silver Lake Road
www.4good4ever.org 935-4066



YMCA Staff

Tom Van Deinse - CEO
Barb Beckett - Sports Program Director
Linda Doornbos - Accountant
Dave Eitland - Development & Marketing Director
Tony Letizio - Maintenance Director
Dagny Monette - Child Care, Family, Camps Director
Erica Wilson - Teens, Families, and Camps Supervisor (Building Rentals)
Betsy Van Deinse - Gymnastics Supervisor
Joseph Van Deinse - Tennis

The Grand Traverse Bay YMCA also employs over 200 part-time staff and 350 volunteers for over 65 programs.

Building Hours: Memorial Day to Labor Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 12:00 pm
Sunday	Closed

Labor Day to Memorial Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	1:00 pm – 9:00 pm

2012 Facilities Closings:

Jan 1 - New Year's Day	Sep 3 - Labor Day
Apr 8 - Easter Sunday	Nov 22 - Thanksgiving Day
May 28 - Memorial Day	Dec 25 - Christmas Day
July 4 - Independence Day	

Christmas Eve and New Year's Eve: OPEN 6:00am – 3:00pm

Financial Aid & Scholarships

The Grand Traverse Bay YMCA is a 501(c)(3) not-for-profit charitable organization. We depend on membership fees, program fees, & contributions in order to provide our services to the community. It is our philosophy to never deny our services to youth and families because of inability to pay. Check out website at www.qtbayymca.org

Admittance

- * Members and guests must sign-in at the front desk.
- * A YMCA Membership card or photo ID is required.
- * Children grades 6 and under must be supervised by an adult or be a participant in a YMCA program.



www.qtbayymca.org

newsqtbayymca.blogspot.com



It's more than just a membership ... It's the Y!



Being a member of the Grand Traverse Bay YMCA is unlike any health club membership. The Y brings families and friends of all ages together in a healthy, fun environment that builds body, mind and spirit!

Whether you participate in one or many of our youth sports, adult fitness classes, senior league play, or popular Family Fun Nights, you'll appreciate the variety of activities we offer to our members.

IT PAYS TO BE A MEMBER OF THE Y!

While we encourage use of the YMCA by the whole community, those who choose to become members are part of a worldwide movement dedicated to youth development, healthy living and social responsibility! Members also enjoy many perks, including:

- Free indoor tennis, 6-8 a.m., M - F
- Ability to reserve courts
- Free fitness classes
- Free access to cardio area
- Free circuit-training room
- Free drop-in basketball
- Free or reduced rates on more than 65 programs!
- Free outdoor tennis
- Free racquetball
- Free Family Fun Nights
- Free teen dances
- Free WiFi & coffee in the lobby
- Free drop-in child watch
- Free lockers and towel service #

You'll be welcomed at more than 1,000 YMCAs nationwide through the YMCA AWAY program! Contact individual YMCAs for individual program terms.

2012 DAY-PASS RATES**

Youth: \$5
Adults: \$10
Family: \$15

2012 CAMP & CHILD CARE PROGRAM MEMBERSHIP RATES

\$25/YEAR

ALLOWS FAMILIES ACCESS TO SELECTED YMCA PROGRAMS

\$25/YEAR

ALLOWS INDIVIDUALS ACCESS TO SELECTED YMCA PROGRAMS

**Day Passes are limited to 3 uses per year.

Bank Draft Policy

Bank draft is automatically renewed on an ongoing basis. A 30-day written notice and return of membership cards are required to cancel a membership. Automatic withdrawals are made on your local checking or savings account on the 1st or 15th of each month. The initial payment of Joiner Fee plus one month membership fee is non-refundable. The first debit can be expected within 30 days of purchase. The YMCA reserves the right to cancel any bank draft, and deny future bank drafts, due to insufficient funds.

2012 FACILITY MEMBERSHIP RATES*

JOINER FEE		MONTHLY BANK DRAFT	MONTH-TO-MONTH NON-BANK DRAFT Includes joiner fee	6 MONTH OPTION Includes joiner fee	ANNUAL
\$50	YOUTH AGES 18 & UNDER	\$17	\$49	\$152	\$204
\$50	SENIOR AGES 60 & OLDER	\$27	\$69	\$212	\$324
\$50	ADULT AGES 19-59	\$32	\$79	\$242	\$384
\$50	ADULT COUPLE AS DEFINED BY THE IRS	\$42	\$99	\$302	\$504
\$50	FAMILY AC & DEPENDENTS	\$47	\$109	\$332	\$564

Late Fees

A late fee of \$10 will be charged for all payments made after the registration deadline for all programs (includes programs with player fees) and to all late membership renewals. The late fee is non-refundable and will not be included in any program credit as per the Program Refund Policy. NSF or returned checks will have a \$20 fee added.

Notice: all lockers are for day use only. Locks left on over-night will be removed and all contents discarded immediately.

*Visit www.gtbayymca.org for rate details and restrictions. Rates & fees subject to change without notice.

FOR YOUTH DEVELOPMENT

Y CHILD CARE

Y SCHOOL'S OUT PROGRAM

Y SPRING BREAK CAMP



Y SCHOOL'S OUT

On days when TCAPS are not in session for full/half days, breaks, or snow days, the YMCA offers programming for school age children called **Y School's Out**.

The program is located at the main YMCA and students can spend the day in a safe and fun environment playing sports, challenging their friends to board games, testing their virtual skills on the Wii console, creating art projects, and much more. Each child is to bring a sack lunch/beverage (no candy/pop), and an afternoon snack is provided.

Location: YMCA Main Facility

3000 Racquet Club Dr, Traverse City

Dates: Snow Days or TCAPS scheduled day off

Times: 6:45 am to 6:00 pm (full days)

12:00 n to 6:00 pm (half days)

Y Member Fee: \$16/full day, \$10/half day

Non-member fee: \$25/full day, \$20/half day

Registration deadline one week prior to the program date. Contact Erica Wilson at 933-9622 or

www.gtbayymca.org for more information.

Y CHILD CARE

YMCA Child Care offers full-time and part-time programs for infant through Pre-K age groups that provide high quality care, professional and experienced staff, and structured and valuable learning. The Y understands the in and outs of each developmental process and tailors programs to teach the model 4-Core Values of Honesty, Caring, Respect and Responsibility. Our Creative Curriculum allows for maximum use of imagination, and we use Group Publications for our Christian based curriculum. Y Child Care fosters a warm, inviting, family-friendly environment with everyday interactions among parents, staff, and children.

Location: YMCA Early Childhood Education Center
1100 Woodmere, Ste. B, Traverse City

Dates: Mon - Fri

Times: 6:30 am - 6:00 pm

Y Member Fee:

\$170/wk for infants - 2 years

\$145/wk for 3 - 5 years

Non-member Fee:

\$175/wk for infants - 2 years

\$150/wk for 3 - 5 years

Partial week options available. Contact Dagny at 421-3568 for more information.

Financial assistance maybe available through the YMCA or Angel Foundation. Call 421-3568 for more information.

All Y Child Care Programs accept DHS or have Y scholarship assistance available. Enrollment and health forms are required for each child to enter the programs. The forms may be accessed at www.gtbayymca.org. Y Child Care Programs are NOT Drop-In!

SPRING BREAK CAMP

During the breaks during the school year, the Y provides camps in a values-based, fun setting.

Spring Break Camp 2012: Mar 26 - 30

Registration Deadline: Mar 19

Times: 6:45 am to 6:00 pm **Ages:** 5 - 15

Y Member Fee: \$16/day

Non-member Fee: \$25/day

FOR YOUTH DEVELOPMENT

Y PEE WEE SPORTS

Y YOUTH BASKETBALL

Y POP WARNER FOOTBALL

Y BASKETBALL SKILLS

BASKETBALL SKILLS PROGRAM

Well rounded skills program where children learn this popular sport in the context of the YMCA's four core values of Caring, Honesty, Respect, and Responsibility. Kids should bring a water bottle.

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Wed, Jan 11 for approximately 6 weeks

Registration Deadline: Dec 26, 2011

Y Member Fee: \$25

Non-member fee: \$60

GRADES K – 2

Lots of fun for the little ones. No experience necessary. All equipment provided. We cover dribbling, basic rules, and how to work as a team.

Times: 5:30 pm – 6:30 pm, Wed, Jan 11

GRADE 3 – 5

This is a perfect way to learn the game. We run drills, play scrimmages, and have a lot of fun shooting hoops. Half the class is spent on fundamentals and the other half is dedicated to game play.

Times: 6:30 pm – 7:30 pm, Wed, Jan 11

Y BASKETBALL LEAGUES

WINTER GIRLS BASKETBALL LEAGUES

GRADES 2, 3, 4, 5

A competitive league where teams are formed generally by school. Games are officiated. All players get a t-shirt. 11 players per team maximum.

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Sat, Jan 14 for approximately 6 weeks

Times: 9:00 am

Registration Deadline: Dec 30

Y Member Fee: \$35

Non-member fee: \$70

Y BASKETBALL TOURNAMENTS

“THE BLIZZARD”

BOYS BASKETBALL TEAM TOURNAMENT

Must register as a team. For boys teams in grades 7 and 8.

Location: Traverse City local gyms

Dates/Sessions: Jan 28

Times: 9:00 am

Registration Deadline: Jan 16

Fee: \$200 per team

“MIDNIGHT MADNESS”

3-ON-3 BASKETBALL TOURNAMENT

For boys and girls in grades 4-9. Every player gets a t-shirt. This is the biggest and best BB event in the TC area! Must register as a team.

Location: YMCA Main Facility, Traverse City

Dates/Sessions: Mar 16

Times: 5:00 pm

Registration Deadline: Mar 9

Fee: \$120 per team of 3 or 4 players

Y PEE WEE SPORTS

Pee Wee Sports provides training in a variety of sports—soccer, basketball, and more! Pee Wee Sports is offered for preschool kids ages 3-5 years.

Location: YMCA Main Facility, Traverse City

Dates/Sessions: begins Jan 11

Times: Wed, 4:30 – 5:30 pm

Registration Deadline: Thu, Dec 29, 2011

Y Member Fee: \$25

Non-member fee: \$60



Y POP WARNER FOOTBALL

SIGNUPS BEGIN IN APRIL!

Check with your local Y Pop Warner Association for times, dates, and locations for signups or at these websites:

www.tcyouthfootball.org

www.ymcafootball.com

www.gtbayymca.org



FOR YOUTH DEVELOPMENT
Y SOCCER
Y LACROSSE

PAGE 6

Y YOUTH SPRING SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-12. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers. Coaches may schedule practices as well.

Location: Area Fields including the New Y Fields!

Dates/Sessions: Begins Apr 21

Times: Sat, Tue & Thu evenings

Registration Deadline: Mar 31

Y Member Fee: \$25

Non-member fee: \$60



Y LACROSSE SKILLS WORKSHOPS

This is a basic learning program with instructional practices and scrimmages. No experience necessary. Get ready for the Spring Leagues in April. Gym shoes, a stick and gloves required.

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Feb 13 - Mar 19

Times:

Grades 1 - 4 on Mon 5:00 - 6:00 pm

Grades 5 - 8 on Mon 6:00 - 7:00 pm

Registration Deadline: Feb 6

Y Member Fee: \$35

Non-member fee: \$70

LACROSSE LEAGUES AND VARSITY TEAMS

Watch our website for more details

www.gtbayymca.org



FOR YOUTH DEVELOPMENT Y TEEN PROGRAMS

YMCA TEEN PROGRAMS

The YMCA Teen Programs has an exciting year planned with many new programs starting.

To get all the update information check out our website at www.gtbayymca.org, or become a "fan" at our Facebook page at www.facebook.com/YTeens.GTBayYMCA, or Twitter we can be found at @GTBayYMCA .

Programs include:

- Teen Dances including the new 9th Grade Dance
- Leaders Club (grades 6 - 8) - Watch for the first meeting in February
- Watch for our Y Middle School After School Program
- Coming in the Fall - Michigan Youth in Government

Contact Erica Wilson, supervisor of teens, at 933-9622 for scheduled events and to be added to the mailing list.



LEADERS CLUB

Leaders Club kids participate in special projects that challenge their character, provide them with skills to make good choices, and build positive self-esteem. The group grows close in friendship and builds a connection to be the very best they can be. We are in the process of forming a new Leaders Club at this YMCA.

Teens build relationships with the teen leaders who encourage them and provide opportunities and events that are fun and enjoyable for all interests. Some activities we are hoping to include in the up-coming year-round program are sledding, movies, and special game nights.

Each event will be chaperoned and parents are welcome to participate.

Check out the website at www.gtbayymca.org, or contact Erica Wilson at 933-9622 for scheduled events and to be added to the mailing list.

TEEN DANCES: GRADE 6, 7, 8

Teens can dance the night away, enjoy pizza, and get in a few games, with hundreds of their friends during the Teen Dances at the Grand Traverse Bay YMCA Main Facility.

The dance is open to students in grades 6, 7, 8 and the price includes three hours of dancing to music provided by a professional DJ, open gym, pizza and pop. Teen Dance Code of Conduct on website <http://bit.ly/dSHpjb>

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: First Sat of each month, Jan - June

Y Member Fee: FREE

Non-member fee: \$8

Student ID is required to get into the dance! Parents and volunteers (18 & older) are always welcomed to chaperone the dances.

Check out the website at to www.gtbayymca.org, or contact Erica Wilson at 933-9622.

TEEN DANCES: GRADE 9

Teens can dance the night away, enjoy pizza, and get in a few games, with hundreds of their friends during the Teen Dances at the Grand Traverse Bay YMCA Main Facility.

The dance is open to students in grades 9 and the price includes three hours of dancing to music provided by a professional DJ, open gym, pizza and pop. Teen Dance Code of Conduct on website <http://bit.ly/dSHpjb>

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Third Sat of each month, Jan - May

Y Member Fee: FREE

Non-member fee: \$8

Student ID is required to get into the dance!

Parents and volunteers (18 & older) are always welcomed to chaperone the dances.

Check out the website at to www.gtbayymca.org, or contact Erica Wilson at 933-9622.

FOR YOUTH DEVELOPMENT GYMNASTICS

PAGE 8

YMCA GYMNASTICS

1100 Woodmere, Suite A, Traverse City, MI 49686



Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. **Y Gymnastics will have final approval on class placement.** Phone Y Gymnastics at 929-2869 with all gymnastics questions.

Session dates: **Winter I (6 weeks): Week of Jan 2 – Week of Feb 6**

Winter II (6 weeks): Week of Feb 13 – Week of Mar 19

Boys & Girls ages 1 – 3 (w/parent)

Y Members: \$25 non-Members: \$49
 ___ Tue 10:30 am ___ Wed 10:30 am
 ___ Thurs 10:00 am ___ Fri Noon
 ___ Sat 10:30 am (all classes 45 minutes)

Boys & Girls ages 3 – 4

Y Members: \$25 non-Members: \$49
 (This class **ONLY** available to 3 year olds upon placement by a YMCA Gymnastics coach)
 ___ Mon 10:30 am ___ Mon 4:30 pm
 ___ Mon 5:30 pm ___ Tue 10:30 am
 ___ Tue 3:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Tue 6:30 pm
 ___ Wed 10:30 am ___ Wed 4:00 pm
 ___ Wed 5:00 pm ___ Wed 6:00 pm
 ___ Thurs 10:00 am ___ Thurs 3:30 pm
 ___ Thurs 4:30 pm ___ Thurs 5:30 pm
 ___ Thurs 6:30 pm ___ Fri Noon
 ___ Sat 11:30 am ___ Sat 12:30 pm
 (all classes 45 minutes)

Boys & Girls ages 5 – 6

Y Members: \$25 non-Members: \$49
 ___ Mon 10:30 am ___ Mon 4:30 pm
 ___ Mon 5:30 pm ___ Tue 3:30 pm
 ___ Tue 4:30 pm ___ Tue 5:30 pm
 ___ Tue 6:30 pm ___ Wed 10:30 am
 ___ Wed 4:00 pm ___ Wed 5:00 pm
 ___ Wed 6:00 pm ___ Thurs 10:00 am
 ___ Thurs 4:30 pm ___ Thurs 5:30 pm
 ___ Thurs 6:30 pm ___ Fri Noon
 ___ Sat 11:30 am ___ Sat 12:30 pm
 (all classes 45 minutes)

Boys Only ages 7 & up Beginner

Y Members: \$30 non-Members: \$54
 ___ Mon 4:30 pm ___ Tue 6:30 pm
 ___ Wed 6:00 pm (all classes 55 minutes)

Boys Only Int/Advanced

Y Members: \$30 non-Members: \$54
 ___ Wed 6:00 pm ___ Thurs 6:30 pm
 (all classes 55 minutes)

PARENTS PLEASE NOTE:

Y Gymnastics is a progressive program.
To assure the best and safest coaching for your child and other children, class placement by our coaches is necessary.

Beginner Girls ages 7 & up

Y Members: \$30 non-Members: \$54
 (This class **ONLY** available to 7 year olds upon placement by a YMCA Gymnastics coach)
 ___ Mon 4:30 pm ___ Mon 5:30 pm
 ___ Mon 6:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Tue 6:30 pm
 ___ Wed 5:00 pm ___ Wed 6:00 pm
 ___ Thurs 4:30 pm ___ Thurs 5:30 pm
 ___ Thurs 6:30 pm ___ Sat 10:30 am
 (all classes 55 minutes)

Int ages 6 & up 1 or 2 day s/week

1 day: Y Members: \$46 non-Members: \$70
 2 day: Y Members: \$76 non-Members: \$100
 (coach recommendation required)
 ___ Mon 5:30 pm ___ Tue 4:30 pm
 ___ Wed 5:00 pm ___ Thurs 4:30 pm
 ___ Sat 9:30 am (all classes 1hr 55min)

Advanced 1 or 2 days per week

1 day: Y Members: \$46 non-Members: \$70
 2 day: Y Members: \$76 non-Members: \$100
 (coach recommendation required)
 ___ Mon 5:30 pm ___ Tue 4:30 pm
 ___ Wed 6:00 pm ___ Thurs 4:30 pm
 ___ Sat 9:30 am (all classes 2 hours)

FUN MEET TEAMS

Pre-Team Levels 3-4 (4 hrs)

Y Members: \$66/mo non-Members: \$80/mo
 ___ Tues & Thurs 4:30 – 6:30 pm

Pre-Team Levels 3-4 (6 hrs)

Y Members: \$84/mo non-Members: \$98/mo
 ___ Tues & Thurs 4:30 – 7:30 pm

COMPETITION TEAMS

SAVE \$10 OFF listed rate for payments received before the 1st of each month. **ADD \$10** late fee to listed price for all payments received after the 5th of the month due.

Team Levels 4-5 (9 hrs)

Y Members: \$125/mo non-Members: \$139/mo
 ___ Tue, Wed, Thurs 4:30–7:30 pm

Team Level 5 (12 hr)

Y Members: \$145/mo non-Members: \$159/mo
 ___ Mon, Tue, Thurs 4:30–8:30

Team Levels 5-6 (16 hr)

Y Members: \$189/mo non-Members: \$203/mo
 ___ M,T,Th 4:30 – 8:30 pm, Sat 9:30 – 1:30

Team Levels 6-7 (20 hr)

Y Members: \$235/mo non-Members: \$249/mo
 ___ M,T,W,Th 4:00 – 8:00 pm, Sat 9:30 – 1:30

Team Levels 8-10 (24 hr)

Y Members: \$265/mo non-Members: \$279/mo
 ___ M-F 4:00 – 8:00 pm, Sat 9:30 – 1:30

PRIVATE LESSONS

Y Members: \$20/half hour
 non-Members: \$24/half hour

Birthday parties available!
Private lessons available!

Check out our NEW 3,000 sq.ft.
 gym and the
Adrenaline Maze Bounce House!
 It's perfect for parties!

Call 929-2869 for details.

Y Member Fee: \$36

Non-member Fee: \$48



YOUTH DEVELOPMENT BIRTHDAY PARTIES FACILITY RENTALS

YMCA BIRTHDAY PARTIES

Weekdays, evenings, or weekends we will gladly host a two-hour party. We will decorate the party room and provide all of the paper products, you simply need to show up and bring the birthday kid. The birthday party will be able to play basketball, racquetball, and ping pong.

Fee: \$105 (up to 12 children)
Additional children are \$2.00 each.
Maximum of 20 children.
Bounce house available to rent on-site.

Special Gymnastics-themed parties also available at our gymnastics center.

Make your reservations at:
YMCA Main Facility: 933-9622
YMCA Gymnastics Center: 929-2868



YMCA FACILITY RENTALS

The YMCA is the place to go for large venue activities, youth lock-ins, retreats or just a few hours! You may rent in advance all or part of our facility for a group of any size. We offer canoeing, kayaking, tennis, roller hockey, basketball, racquetball, wallyball, volleyball, and many other activities for fun and exercise. Ask for a Facility Rental Brochure at the YMCA front desk, go to the web site at www.gtbayymca.org or call 933-9622 .

Some examples:

- *Home school children come together for physical education classes in the Y Gym.*
- *A school is using our workout and fitness areas for a special physical education class.*
- *Churches have rented the facilities for various youth ministry activities including "lock-ins".*
- *Groups like pickleball enthusiasts rent court time to play this fast-paced , growing sport.*

FOR YOUTH DEVELOPMENT Y YOUTH TENNIS

YOUTH GROUP TENNIS LESSONS

___ Tot's (ages 3-5) Tue 8:30 am – 9:00 am
Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

___ Tot's (ages 4-6) Sat 10:30 am – 11:00 am
Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

___ Grades K-3 Tue 4:00 pm – 5:00 pm
___ Grades K-3 Fri 4:00 pm – 5:00 pm
___ Grades K-3 Sat 11:00 am – Noon
Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 4-6 Sat Noon – 1:00 pm
___ Grades 4-6 Tue 4:00 pm – 5:00 pm
Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

PRE-TOURNEY TEAM: 10 & UNDER

Y Members \$63/9 hr Non-Members:\$108/9 hr

PRE-TOURNEY TEAM: 10 & OVER

Y Members \$63/9 hr Non-Members:\$108/9 hr

___ Grades 7-9 Fri 4:00 pm – 5:00 pm
Y Members: \$42/6 hrs Non-Members: \$72/6 hrs
___ Grades 7-9 Sat 1:00 pm – 2:30 pm
Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Tourney Team** Mon, Wed, Thu 4:00 pm – 6:00 pm
2 day: Y Members: \$126/24 hrs Non-Members: \$216/24 hrs
3 day: Y Members: \$210/36 hrs Non-Members: \$360/36 hrs
___ Tourney Team** Sat 2:30 pm – 4:00 pm
Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ St. Francis Group Sun 3:00 pm – 5:00 pm
Y Members: \$108 Non-Members: \$144

___ Grades 9-12 Sun 7:00 pm – 8:30 pm
Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

** Coach recommendation REQUIRED for Tourney Teams

Location: Y Main Facility, 3000 Racquet Club Drive

Dates: Winter 1 (6 weeks) Week of Jan 2 – Week of Feb 6
Winter 2 (6 weeks) Week of Feb 13 – Week of Mar 19
Spring 1 (6 weeks) Week of Apr 2 – Week of May 14
Spring 2 (4 weeks) Week of May 14 – Week of Jun 4



CREATE YOUR OWN GROUP LESSON

If you do not see the kind of tennis group lesson you want, contact Joseph at 933-9622 to help form your own.

GRADES 6 – 8 GIRLS TEAM TENNIS

8 – 10 players/team by school but may be combined. Features one or more practices each week scheduled by team coach. A match against another team once each week.

Location: Y Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Week of Apr 16 to Week of May 21

Times: 4:00 pm

Registration Deadline: Apr 11

Y Member Fee: \$25

Non-member fee: \$45

PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Fee: Y Member \$40/hr, Non-member \$48/hr

Semi-private lessons also available at the same rate

Try Any Class!
Youth or Adult
Y member: \$9/hr
Non: \$15/hr

FOR HEALTHY LIVING ADULT TENNIS

COURT FEES:

YMCA members may reserve courts up to one week in advance. Non-members may not reserve courts and must purchase a day pass in addition to court fees when playing with a member. All fees must be paid at the front desk before playing.

CONTRACT COURT TIME:

To be assured your same court & time each week, we offer Contract Court Time for Fall and Winter. YMCA Members only. Call Barb Beckett at 933-YMCA (9622) for Contract Court availability. Contract Court sessions minimum 17 weeks. Begins week of Jan 2

PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Y Member Fee: \$40/hr

Non-member Fee: \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants.

BALL MACHINE RENTAL: Pay court fee plus \$2 per hour.

COURT RENTAL FEES:

Indoor Courts:

Mon - Fri 6 - 8 am Members FREE

Mon - Fri 8 - 9 am \$12/hr

Mon - Fri 9 am - 5 pm \$16/hr

Mon - Fri 5 - 9 pm \$18/hr

Sat 8 am - Noon \$18/hr

Sun 1- 9 pm \$18/hr

Outdoor Courts:

Fee: Members: FREE

Non-Members: \$2/hr/person

ADULT GROUP TENNIS LESSONS

___ Intermediate Thurs 8:00 pm - 9:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Advanced/Int Wed 9:00 am - 10:30 am

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

ADULT TENNIS LEAGUES

___ Mon AM League Mon 9:00 am - 11:00 am

Y Members Only: \$60/14 hrs - Balls provided

___ Thursday League Thurs 2:00 pm - 4:00 pm

Y Members Only: \$60/14 hrs - Balls provided

ADULT CARDIO TENNIS

___ Wed 10:30 am - Noon

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Tue 11:00 am - Noon or Thu 9:00 am - 10:00 am

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

FREE TENNIS FOR Y MEMBERS!

Y Members play tennis free 6:00 - 8:00 am Mon - Fri

Teen Members also free 6:00 - 9:00 pm 2nd & 4th Sat!

CREATE YOUR OWN GROUP LESSON

If you do not see the kind of tennis group lesson you want, contact Joseph at 933-9622 to help form your own.



Due to limited availability (We need to build the New Y Now!), registration for each new session of group tennis lessons and leagues will be subject to the following rules:

1. YMCA members currently enrolled in a group tennis lesson or league may register up to six weeks in advance for the next session. Note: lessons run on a 6 week schedule; leagues run on a 7 week schedule.
2. Other YMCA members may register for a group tennis lesson or league up to one month in advance of each session.
3. Non-members may register for group tennis lessons up to three weeks in advance of each session.
4. Registration is not complete and a spot cannot be reserved until all fees are paid.

FOR HEALTHY LIVING ADULT BASKETBALL

NOON DROP-IN BASKETBALL

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Tue and Thu

Times: Noon - 2:00 pm

Y Member Fee: FREE

Non-member fee: \$10

WOMEN'S BASKETBALL LEAGUE

This league is for high school girls and women wanting to play basketball. Round Robin format played on Sunday evenings at Traverse City area gymnasiums.

Deadline: Dec 2

Season: Sun, Dec 11 to Mar 2012

Fee: \$425 team sponsor fee plus \$25 per player

MEN'S BASKETBALL LEAGUE

As one of the oldest sports leagues in town, this league is for men wanting to play basketball. Played in Round Robin format at Traverse City area gymnasiums.

Deadline: Oct 21

Season: Oct 31 - March 2012

Regular Season and end of season tournament

Fee: \$550 team sponsor fee plus \$25 per player

ADULT "WINTER JAM" BASKETBALL TOURNAMENT

Form your team and compete 5-on-5, get some good exercise, and have a great time.

Location: Traverse City Local Gyms

Dates/Sessions: Sat Feb 4 - Sun Feb 5

Times: 9:00 am

Registration Deadline: Jan 23

Team Fee: \$200



FOR HEALTHY LIVING
SPRING SOFTBALL LEAGUES
RACQUETBALL, HANDBALL & WALLYBALL
PICKLEBALL

SPRING SOFTBALL LEAGUES

Location: GT County Civic Center Fields, Traverse City

Registration Deadline: March 30

Times: Sun: 3:00 pm, Mon – Fri: 6:00 pm

Women's League:

Fee: \$650 per team

Days of Play: Tue, Wed, Thu starting May 14

Coed League:

Sun Fee: \$550 per team

Mon & Fri Fee: \$650 per team

Days of Play: Starts week of May 6

Men's League:

Fee: \$650 per team

Days of Play: Mon – Fri starting Apr 30

Contact Barb Beckett, 933-9622 for more information.



RACQUETBALL, HANDBALL & WALLYBALL

Four courts available. Only members can reserve courts.

Location: YMCA Main Facility, 3000 Racquet Club Drive

Dates/Sessions: Open

Times: By reservation at 933-9622

Y Member Fee: FREE

Non-member fee: \$10 day pass plus \$5/hour court fee

PICKLEBALL

Pickleball is played on a small court with a wooden paddle and a plastic ball. Join the fun! Coed sport.

Location: YMCA Main Facility, 3000 Racquet Club Drive

Dates/Sessions: Mon, Wed, Fri

Times: Call Y for times - 933-9622

Y Member Fee: \$3 court fee per player

Non-member fee: \$10 day pass plus \$3 court fee per player

The Y has three indoor and three outdoor courts.

Check www.usapa.org for more information.



FOR HEALTHY LIVING
NEW MEMBER ORIENTATIONS
PERSONAL TRAINING
FITNESS TRAINING ROOMS



The Y provides a variety of fitness opportunities. Most FREE to YMCA members. Location: Main Facility, 3000 Racquet Club Drive in Traverse City.

New Members are encouraged to schedule their free fitness orientation. Call Theresa at the Main Y Facility and schedule an orientation. Call the Front Desk at 933-9622 for more information. Also note all of the fitness opportunities as explained on pages 14 - 16.

CIRCUIT TRAINING ROOM ,
SELECTORIZED TRAINING ROOMS:
SCHEDULE

PERSONAL TRAINING:

Work one-on-one with a Certified Personal Trainer to assess your current fitness level and develop a program to meet your personal fitness goals. Please visit the Main Facility Front Desk to schedule a personal training session.

Group or individual training fees:
 \$36/hr members, \$48/hr non-members

Give this training as a gift to a loved one. Contact the Front Desk 933-9622 for gift certificate information.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
New Circuit Room Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm Trainer: Noon – 7 pm	New Circuit Room Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 9 am – 3 pm	New Circuit Room Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 10 am – 4 pm	New Circuit Room Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 9 am – 3 pm	New Circuit Room Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm	New Circuit Room Coed 8 am – 6 pm	New Circuit Room Coed 1 pm – 9 pm
Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 8 am – 6 pm	Cardio/Free Weight/ Selectorized Rooms 1 pm – 9 pm

FOR HEALTHY LIVING

FITNESS AREAS

Y YOUTH WORKING ON WELLNESS(WOW)

CHILD WATCH

The Grand Traverse Bay YMCA provides four fitness areas, classes, and trained staff to provide members and the public with solutions unique to their fitness needs.

Choose between four distinct fitness areas:

STRENGTH & CARDIO:

14-piece strength circuit features selected machines by Body Power, complemented by three screen Broadcast Vision entertainment for our cardio equipment: four treadmills, four stair steppers, three bikes, and three elliptical machines.

FREE WEIGHTS:

Benches and squat rack for lifting in a semi-private setting. Check out our new rubberized flooring!

AEROBICS STUDIO:

Soft wood floor for dance & aerobics, as well as special fitness programs utilizing hand weights, resistance tubes, and exercise balls.

CIRCUIT TRAINING ROOM:

Complete circuit training room upstairs in main facility offers users the benefit of a complete workout in a nice, private, large room. **NEW programmed and staffed circuit training room opened located the on second level.**

CHILD WATCH SERVICE:

The YMCA offers babysitting for ages birth - 7 years during aerobics hours only. Parents must be on the premises for children to use this service.

Days/Times:

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:00pm - 7:30pm

Times are subject to change with no notice.

Fee: YMCA Members FREE Non-members \$3 per child/visit

WHAT IS YOUTH W.O.W.?

YOUTH W.O.W. is a four-month comprehensive weight management program that combines health assessment and weight monitoring, nutritional guidance, exercise training, and behavioral counseling, all in an effort to help youth achieve and maintain a healthy lifestyle.

Winter, 2012: Week of Jan 2 – Week of Apr 16

Registration deadline: Fri, Dec 23

Orientation: 6:00 pm, Wed, Jan 4

Spring, 2012: Week of May 7 – Week of Aug 20

Registration deadline: Fri, Apr 27

Orientation: 6:00 pm, Wed, Sep 14

Fee: Y member: \$272/4 month program (\$68/month)

Non-member: \$392/4 month program (\$98/month)

Contact Rebecca Galsterer at 933-9622 or

w.qtbayymca.org



FOR HEALTHY LIVING

GROUP FITNESS CLASSES

C.S.I. CARDIO STRENGTH INTERVALS

This class puts it all together.

Days/Session: Mon & Wed

Times: 9:30 – 10:30 am

BOOT CAMP

Get a fast-paced workout with no two classes alike.

Days/Time: Fri 9:30 – 10:30 am

Mon, Wed, Fri Noon– 1:00pm

TOTAL BODY CONDITIONING (TBC)

Increase the heart rate while sculpting those muscles.

This one-hour class combines strength training and aerobics to give you a workout worth talking about.

Days/Session: Mon & Wed

Times: 5:30 – 6:30 pm

Y PILATES

Pilates is a great way to firm and tone, de-stress, and rejuvenate your spirit, mind and body. Non-impact technique make for a class anyone can benefit from!

Days/Sessions: Tue & Thu **Times:** 5:30 – 6:30 pm

WEIGHT ROOM TRAINING

Trainer available to assist in weight room.

Days/Sessions: Mon **Times:** 12 noon – 5:45 pm

CIRCUIT ROOM TRAINING

Trainer available to assist in circuit room.

Days/Sessions: Tue 9:00 am – 10:00 am

Wed 10:30 am – 12:45 pm

Thu 9:00 am – 10:00 am

Y TRX® TRAINING

Total Results Training. TRX Suspension Training delivers results with dynamic total body exercise that appeals to both men and women, no matter their fitness level and goals. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Days/Times: Mon / 10:45 am – 11:30 am; Tue / 6:45 pm – 7:30 pm; Wed / 8:45 am – 9:30 am

Y Members: \$12 / 6 week session / one class per week.

Non-Members: \$72 / 6 week session / one class per week.

Due to limited class size, registration for class times is required for this class!

The Y provides a variety of group exercise opportunities. All FREE to YMCA members.

Location: Main Facility, 3000 Racquet Club Dr

Y Members Fee: FREE **Non-member Fee:** \$10

ZUMBA & CIRCUIT ZUMBA

Zumba is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movements. It integrates some basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning.

Days/Sessions: Tue 11 am – 12 n;

Thu 11 am – 12 n; 6:45 – 7:45 pm

Beginners: Wed 1:15 pm – 2:00 pm

Circuit Zumba: Tue, Wed, Thu 10 am – 10:30 am;

(women only) Wed 2:30pm – 3 pm

Co-ed: Mon 6pm– 7 pm

TOTALLY TONE

Tone up by using several methods of strength training.

Days/Sessions: Tue and Thu

Times: 9:30 – 10:15 am

HARD “CORE”

All core, all the time. Spend a half hour of your morning hour strengthening the body's powerhouse, your core. All levels and all abilities welcomed.

Days/Sessions: Tue and Thu

Times: 10:15 – 10:45 am

SPICE

Variety workout program

Days/Sessions: Tues, Thu **Times:** Noon – 1 pm

STRETCHING

Days/Sessions: Tues, Thu **Times:** 2 pm – 3 pm

Looking for something fun and affordable to do with your family? Join us for Family Fun Nights at the YMCA!

Family Fun Nights bring your family together in a safe and fun environment to keep your kids smiling and your budget in check.

Family Fun Night Schedule

At the Main Y

Come join us for family friendly games of racquetball, basketball, tennis, ping pong, or test your virtual skills on the Wii game console. Pizza, beverages, and snack provided.

Location:

Y Main Facility
3000 Racquet Club Dr

Dates/Sessions: First Friday each month

Times: 6:00 – 8:00 pm

Y Member Fee: FREE

Non-member fee: \$15 per family

At the Y Early Childhood Center

This night is geared toward families with younger children offering art projects, a huge gym, and Wii activities. Pizza, beverages, and snack provided.

Location: Y Early Childhood Center

1100 Woodmere, Ste B

Dates/Sessions: Third Friday each month

Times: 6:00 – 8:00 pm

Y Member Fee: FREE

Non-member fee: \$15 per family.

Go to www.qtbayymca.org for themes and exact dates.





THE GRAND TRAVERSE BAY YMCA GIVES THANKS FOR...

...the 1,029 individuals (400 families) who have asked us for help through our "No One Denied" scholarship assistance program this year. It's difficult to ask for help, but by doing so they've made their lives better and have strengthened their families and communities.

...the 229 donors who have thus far this year contributed more than \$160,000 to "Invest in Youth" so that we can offer that scholarship assistance.

...the 60 families at our Early Childhood Education Center, where we teach our Christian values to tomorrow's leaders.

... the 465 donors who have contributed more than \$9.2 million to our New Y campaign. We are especially thankful for local support from the Oleson Foundation, Dave and Beth Howard, the Art and Mary Schmuckal Family Foundation, Richard and Diana Milock, and Rotary Charities who supported us early in our campaign, kept up that support in mid-campaign, and have now stretched to help us reach the finish line.

...our dedicated staff who have made programs like Y Tennis, Y Gymnastics, Y Camp, YMCA Pop Warner Football, Y Basketball, Y Child Care and all 65 YMCA programs top notch champion-building programs.

... our \$2 million anonymous challenge donor, and to Meijer, the Towsley Foundation, Traverse City Swim Club, Casey Cowell, Hank and Sue Johnson, Tom's Food Markets, Bill Marsh Auto Group, Paul and Barb Bandrowski, Jim Munson, Robert and Pauline Young, Munson Medical Center, Robert T. Hughes Fund, Pat and Leslee Heintz, and Bishop & Heintz, and so many more contributors who have demonstrated their trust in the Y.

...359 volunteers, who last year donated 28,349 hours of their time to help Y Kids, especially our New Y Campaign Steering committee volunteers led by Henry Peet and our board volunteers led by Marc Judge. We're thankful also for our past presidents and past staff and volunteers who got us to where we are today.

Thanks to all of you from the Grand Traverse Bay YMCA!

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Tom Van Deinse, CEO
Grand Traverse Bay YMCA





Universal Registration Form

Program			
Program Dates/Season Dates:			
Participant Name			
Email		☐ Y Member	☐ Male
		☐ Non Member	☐ Female
Address			
City, State, Zip			
School		Grade	Date of Birth
Mother/Guardian		Father/Guardian	
Address		Address	
City, State, Zip		City, State, Zip	
Home Phone	Cell Phone/Emergency	Home Phone	Cell Phone/Emergency
Special Needs/Health Concerns (include medications)			
Special Request (coach, teammate, etc.)		Please contact me to volunteer as a:	
		☐ Coach ☐ Assistant Coach ☐ Photographer/Videographer	

STAFF USE ONLY

Form of payment: _____ Program # _____

Cash _____ Check # _____

CC # _____

CC Expiration Date _____

Amount Paid _____ (including late fee) Date Received _____ Staff Init _____

RETURN FORM TO:
Grand Traverse Bay YMCA
3000 Racquet Club Dr
Traverse City, MI 49684
933-YMCA (9622) Front Desk
947-0651 (Fax)
www.gtbayymca.org

GRAND TRAVERSE BAY YOUNG MEN'S CHRISTIAN ASSOCIATION

Official Registration Form

Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused be the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. *PARENTS: Our staff is trained in child abuse prevention and all staff sign a code of conduct. Please report any suspicious activity immediately.* The undersigned agrees to abide by the Program Refund Policy as stated in the YMCA quarterly Program Brochure. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

The Grand Traverse Bay YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials. This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion. Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner. The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

YMCA PROGRAMS ARE NOT SPONSORED BY OR ASSOCIATED WITH TCAPS OR GTACS

Signature of Applicant/Parent: **X** _____

Date: _____

Signature of Child in Program: **X** _____

Date: _____



GRAND TRAVERSE BAY YMCA
3000 Racquet Club Drive
Traverse City, MI 49684
933-YMCA (9322) | www.gtbayymca.org

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